

- » Nonstick vegetable cooking spray
- » 1 tsp olive oil
- » 1 1/2 lb chicken breast, cut into 1-inch pieces
- » 2 minced garlic cloves
- » 1/2 cup chopped celery
- » 2 sliced medium leeks, cut into 1/2-inch pieces
- » 1 cup cauliflower florets
- » 1/2 cup sliced carrots
- » 1/2 cup sliced parsnips
- » 3 cups red potatoes, cubed
- » 1/4 cup white rice
- » 4 1/4 cups low-sodium chicken broth
- » 1 tsp dried thyme
- » 1 1/2 tsp salt-free herb seasoning blend
- » 1/2 cup petite green peas

Nutritional Content

Per Serving

Calories	401 cal	Cholesterol	99mg
Protein	48g	Sodium	662mg
Carbohydrate	42g	Calories from Fat	8%
Fat	4g	Fiber	5g
Saturated Fat	1g		

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil. Add chicken pieces and cook 4 to 5 minutes until done. Remove chicken pieces and set aside. Add garlic, celery, and leeks to the skillet and cook 2 minutes. Add cauliflower florets, sliced carrots, sliced parsnips, red potato cubes, rice, chicken broth, thyme, and salt-free herb seasoning blend. Add chicken back and bring to a boil. Reduce heat, cover, and simmer for 45 to 50 minutes until rice is done. Add green peas to the stew the last 5 minutes of cooking time. Serves 4.

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